



### **To Improve Nutrition:**

1. Buy whole foods -- whether canned, frozen, or fresh from the farm -- and use them in place of processed foods whenever possible. 2. Reject foods and drinks made with corn syrup, a calorie-dense, nutritionally empty sweetener that many believe is worse for the body than sugar,

2. 3. Start each dinner with a mixed green salad. Not only will it help reduce your appetite for more caloric foods, but it also will automatically add veggies to your meal

### **To Improve Physical Fitness:**

1. Do a squat every time you pick something up. Instead of bending over in the usual way, which stresses the lower back, bend your knees and squat. This forces you to use your leg muscles and will build strength. 2. Every time you stop at a traffic light (or the bus does), tighten your thighs and butt muscles and release as many times as you can. (Don't worry, no one will see it!) This will firm leg and buttock muscles, improve blood flow -- and keep you mildly amused! 3. Whenever you're standing on a line, lift one foot a half-inch off the ground. The extra stress on your opposite foot, ankle, calf and thigh, plus your buttocks, will help firm and tone muscles. Switch feet every few minutes

### **To Improve Stress Control:**

1. Give your partner a hug every day before work. Studies show this simple act can help you remain calm when chaos ensues during your day. 2. Have a good cry. It can boost your immune system, reduce levels of stress hormones, eliminate depression, and help you think more clearly. 3. Twice a day, breathe deeply for three to five minutes

### **To Improve Sleep:**

1. Sprinkle just-washed sheets and pillowcases with lavender water. The scent has been shown in studies to promote relaxation, which can lead to better sleep. 2. Buy a new pillow. Pillows with an indent in the center can enhance sleep quality and reduce neck pain. Also, try a "cool" pillow -- one containing either all-natural fibers or a combination of sodium sulfate and ceramic fibers that help keep your head cool. 3. Eat a handful of walnuts before bed. You'll be giving yourself a boost of fiber and essential fatty acids along with the amino acid tryptophan -- a natural sleep-inducer